

AMENDMENTS TO THE CLAIMS

Please amend the claims as indicated hereafter.

1. (Canceled).
2. (Canceled)
3. (Canceled)
4. (Previously Presented) The club as defined in claim 11, further comprising a grip.
5. (Original) The club as defined in claim 4, wherein the grip is molded to provide a correct hand grip.
6. (Previously Presented) The club as defined in claim 11, wherein the release mechanism is a spring-loaded device.
7. (Canceled)
- 8 (Previously Presented) The club as defined in claim 11, wherein the clubhead includes a stopper.
9. (Previously Presented) The club as defined in claim 11, wherein the shaft is a weighted shaft.

10. (Previously Presented) The club as defined in claim 11, wherein the weight slides away from the clubhead along the shaft on a backswing and the weight slides back to the clubhead on a downswing.

11. (Currently Amended) A golf swing training club comprising:

- a shaft;
- a clubhead;
- a weight coupled to the shaft, wherein the weight slides along the shaft during a golf swing; and
- a release mechanism being connected to the shaft and being capable of providing tension between the weight and the shaft, the release mechanism including an adjustment member and a tension means that is coupled to the weight, the release mechanism being capable of releasing the weight when a centrifugal force is applied to the club, wherein the adjustment member adjusts the tension of the tension means on imposed between the weight and the shaft to adjust the amount of centrifugal force needed to release the weight during the swing, wherein the weight slides down the shaft and hits the clubhead to provide feedback of a proper or improper swing.

12. (Canceled)

13. (Canceled)

14. (Canceled)

15. (Previously Presented) The method as defined in claim 16, including the step of causing the weight to slide along the shaft away from a clubhead on a backswing, and causing the weight to slide along the shaft back to the clubhead on a downswing.

16. (Currently Amended) A method for using a golf swing training club with a shaft, weight, and clubhead comprising the steps of:

swinging the club;

causing a weight to slide along the shaft during the golf swing;

adjusting ~~the tension of a tension means coupled to~~ of the weight against the shaft to adjust the amount of centrifugal force needed to release the weight during the swing;

releasing the weight ~~from the release mechanism~~ during the swing when the centrifugal force is applied to the club; and

causing the weight to slide down the shaft and hitting the clubhead to provide feedback of a proper or improper swing.

17. (Canceled)

18. (Canceled)

19. (New) A golf swing training club, comprising:
- a shaft;
 - a clubhead connected to the shaft;
 - a weight movably coupled to the shaft, so that the weight can move along the shaft during a golf swing; and
 - a release mechanism that inhibits movement of the weight along the shaft until a sufficient centrifugal force is applied to the club, the release mechanism enabling adjustment of an amount of centrifugal force that is needed to move the weight along the shaft during a swing of the golf club.
20. (New) A method for using a golf swing training club having a shaft, clubhead connected to the shaft, and a weight that can move along the shaft, comprising the steps of:
- adjusting an amount of centrifugal force that is needed to move the weight along the shaft during a swing of the golf club;
 - swinging the club; and
 - causing the weight to move along the shaft by applying the amount of centrifugal force to the weight by swinging the golf club, the movement indicating a proper or improper swing.